

REVISED TIMETABLE

SCOTTISH NATIONAL ATHLETIC LEAGUE

Declarations will close at the designated time. Heats will run fastest to slowest.

Track - 19th April 2026

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:00	10:50	11:00	110m Hurdles	U20M/SM
2	10:10	11:00	11:10	110m Hurdles	U18M
3	10:20	11:10	11:20	100m Hurdles	U20W/SW
4	10:30	11:20	11:30	100m Hurdles	U18W
5	10:40	11:30	11:40	3000m	All Men
6	11:00	11:50	12:00	200m	All Men
7	11:35	12:25	12:35	200m	All Women
8	12:00	12:50	13:00	800m	All Men
9	12:15	13:05	13:15	800m	All Women
LUNCH BREAK - 40 mins					
10	13:10	14:00	14:10	2000mSC	All Women
11	13:25	14:15	14:25	400m	All Men
12	13:50	14:40	14:50	400m	All Women
13	14:10	15:00	15:10	1 Mile	All Men
14	14:20	15:10	15:20	1 Mile	All Women
15	14:35	15:25	15:35	100m	All Men
16	15:10	16:00	16:10	100m	All Women

Heats will run Fastest to Slowest

Field - 19th April 2026

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
22	10:00	10:40	11:00	Triple Jump	All Men
23	10:00	10:40	11:00	Discus	All Women
25	10:00	10:40	11:00	High Jump	U18M
26	11:00	11:40	12:00	Pole Vault	All Women
27	11:30	11:15	12:30	Discus	All Men
28	11:30	12:10	12:30	Long Jump	All Women
29	11:30	12:10	12:30	Shot	U18W
30	11:30	12:10	12:30	High Jump	U20M/SM
31	13:00	13:40	14:00	Long Jump	All Men
32	13:00	13:40	14:00	Shot	All Men
33	13:00	13:40	14:00	Javelin	All Women
34	13:00	13:40	14:00	High Jump	All Women
35	13:30	14:10	14:30	Pole Vault	All Men
37	14:15	13:30	15:15	Shot	U20W/SW
38	14:15	14:55	15:15	Triple Jump	All Women
39	14:15	14:55	15:15	Javelin	All Men

Field event athletes should report direct to their event 20min before event time, 45min for pole vault.